

tainted

**YNDOR**



TALENT MANAGEMENT

**LYNDON  
LONGHORNE**



# LYNDON LONGHORNE

## Where the Journey Started?

Everyone is interested in someone's story at any point in life. You might even find yourself reading about someone famous whether that's during your work or on lunch breaks or even when you get a 5 min break. So let me take you on a journey which I am sure will be never ending and will continue to inspire and motivate you, in life and fitness.

First of all I want to take you back to the beginning to help you understand a bit about myself and my journey. At the age of 8 ½ months old I was struck down with meningitis, which threatened my life and through it I lost both of my legs, my right arm and parts of my fingertips on my left hand. All through my life I attended mainstream schools which was a challenge, there were times I was bullied but those experiences made me stronger, by the time secondary school came along things started to improve. I have grown up with my disability, but I have never let it phase me in anything I do.

That is an insight into the start of my life. However, that is just a start! Yes I have a disability, Yes I am different, Yes things needed to be adapted but personally I love a challenge and a challenge is the best way to improve and make yourself stronger. So, many people will know that I was never a sports person and had no interest in doing a sport. However, that changed back in 2008, while watching the Beijing Olympics and seeing Michael Phelps race incredibly well, winning 8 golds and breaking 8 records, not just any records but world records. Now I did think I would love to be that person or even go to an Olympic Games, so that is where the journey started to take off. From a young age, I was thrown into the water by my grandad and he has helped me to get to the point of loving water, so that's where the decision that I wanted to swim came from.

My physio was a big help and found me a coach and a swimming club to start my learning. I was only 12 at the time, stepping into a sport at a young age is great and gives your body a chance to improve and become stronger. However, little did I know the amount of work that was required. It wasn't until my first training camp and a good 4 years in the sport that everything started to sink in.

Yes, I am not going to lie you have your days where you're up and down but pick yourself up and become stronger in yourself. I do set my sights high in life, I want to make myself a better human, stronger minded and to set myself goals, but without targets how are you going to do that? You need to ask yourself why you are doing this and why you are here? It does not matter what time of the day it is, or even how tired you are! Always focus on your goals and the hard work will pay off. My goal is to try and get to the Tokyo Paralympic games in 2020 to represent my country. Just to participate is a massive achievement anything else is a huge gain.

My goal of getting to Tokyo 2020 will be a very hard task, but I will do whatever I can to ensure I am in the best shape to get there. I will be posting on the blog every two weeks, exploring different aspects of my training schedule, explaining what I have been doing and why, as well as talking through my feelings. Please stay up to date with my blog and you will see my progression, I hope that I can help show you how steps of progress work and help you develop the knowledge and skills to hit your own personal goals in sport and in life.





# LYNDON LONGHORNE

## Sport – How Swimming Began?

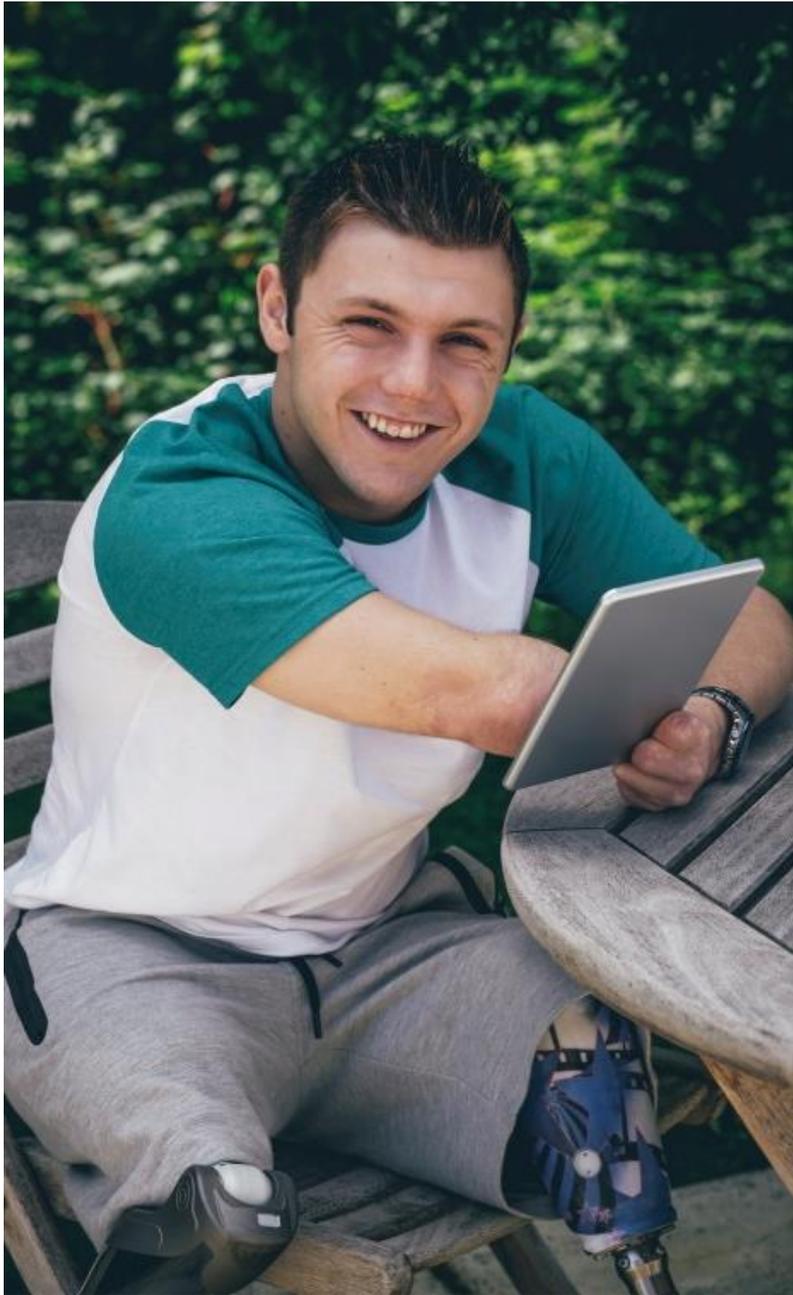
As I have grown up, over the years. I took more of an approach to getting into sport due to been inspired by the Beijing Olympics. Now, it wasn't just the Olympics that inspired me to get into sport, it was the one and only Michael Phelps! This guy was incredible, listening to his interviews and press conferences saying that he wanted to get 8 records and 8 gold medals. To say it is one thing but to do it is another. Which then lead to me watching all the races, not just his but Team GB as well. This was the moment everything changed and I wanted to try to do the same!

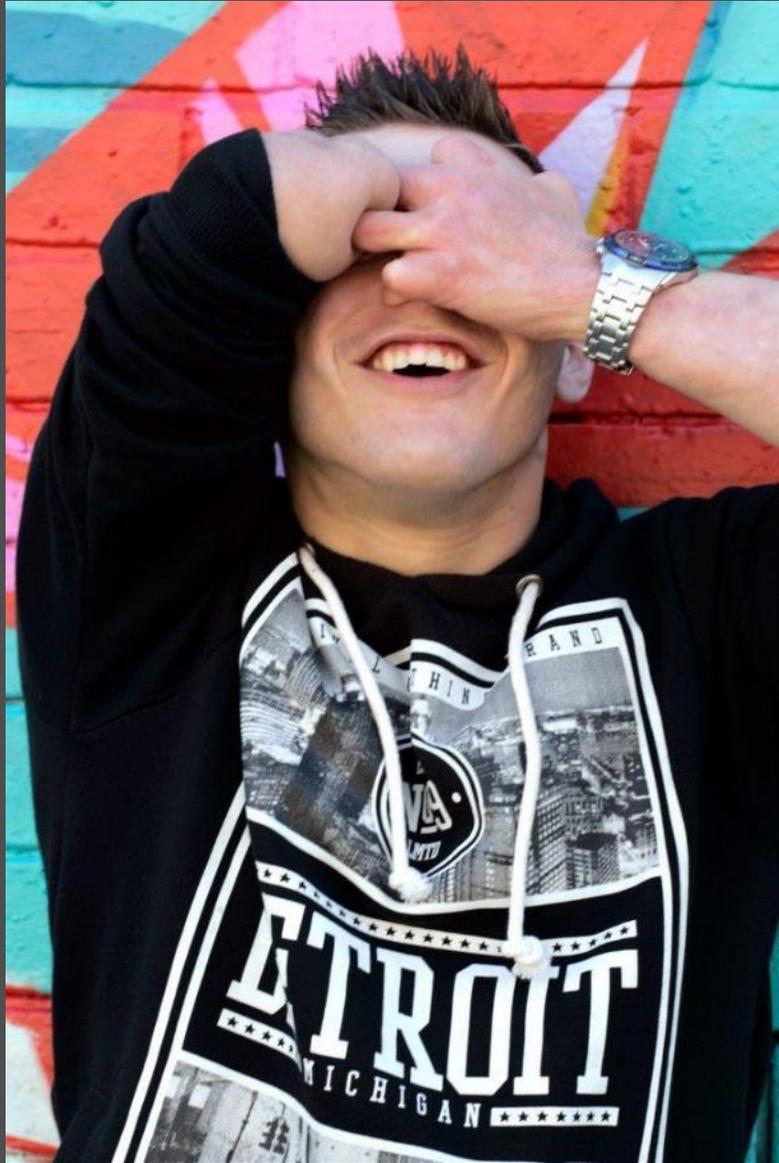
I started swimming in 2009, in the New Year. This was all down to my physiotherapist who helped find a coach in the local area to help me train towards been an elite athlete. Not to realise that a few months down the line that my training would have to get harder and the intensity would have to increase. Starting training 2/3 times a week, which only concluded of doing night times. To then finding out that I would have to get up early before school to go for a swim. Now, a lot of you reading this will think no thank you and probably rather stay in bed. Well, sometimes you have to ask yourself. Do you want to be the best? If the answer is yes, then you need to go above and beyond.

With training going for a few years, I have had multiple opportunities with my sport. I have trained all over the UK, overseas from Ireland to Dubai and many other countries. Swimming itself does give you a lot of opportunities to take and its safe to say anything that comes up I would say YES to going! Whether that be training camps abroad, travelling your country or even just going abroad. It is great to go an explore what is out there. Swimming is a sport that I have loved and always will. Yes, it is hard, Yes it involves a lot of work, Yes it involves sacrifices but would I be where I am today if I sat back and watched others? The answer is No! You need to go out of your comfort zone and be able to push yourself further every day.

This is just the start of what has been an incredible journey up to now, but this year, 2020, will be the most exciting yet! this blog will keep you up to date in the build-up to trials ready and in the best possible shape, I can be in to compete. Trials are April 9th, for a long weekend but I'm sure I will keep you all informed in the lead up to what will be very exciting to get to the games this year!







# LYNDON'S FAVOURITE...

## Favourite club/pub/eating place in the North-East

Love going out on a Tuesday night clubbing to Waikiki @ House of Smith Newcastle. It's pretty sick! My favourite food is a cheeky Nandos! But love my best sandwich place in the northeast which is Frankie and Tony's off Northumberland street Newcastle.

## Favourite shop

Ok ok you've got me...I love Jack Wills and Hugo boss but you can't help but love Primark. Can't help diving in when I pass to pick up a new outfit for my night out charming the girls! With such bargains means I can dress well but have more money for my night out.

## Favourite day out in the North-East

A whole day in the metro centre! It's a shop-a-holics wonderland. Love a day out full of shopping, cinema and food. Love a bit of South Shields beach or a trip up to Alnwick Castle too.

## Favourite North-East landmark

Durham Cathedral. When you have been away, and coming back on the train or driving, as soon as you see the cathedral you know you are home. St James park does it for me too - home of my favourite northeast football team.

## Your inspiration

It has to be my mate Duncan Bannatyne. We have been friends now for several years now and he is the one who has made me realise I must live life to the max and never give up on anything I want to succeed in. I look up to him for what he has achieved and feel proud to call him my friend.

## Your proudest achievement

My physical achievement is winning 7 British records in Swimming. Sports means so much to me and gives me my drive and motivation! My biggest personal achievement was to learn to drive. I have not looked back from the day I passed and got a car! It gave me my independence and felt like I had taken a leap towards freedom that I never felt before.

## Where you like to escape to on holiday

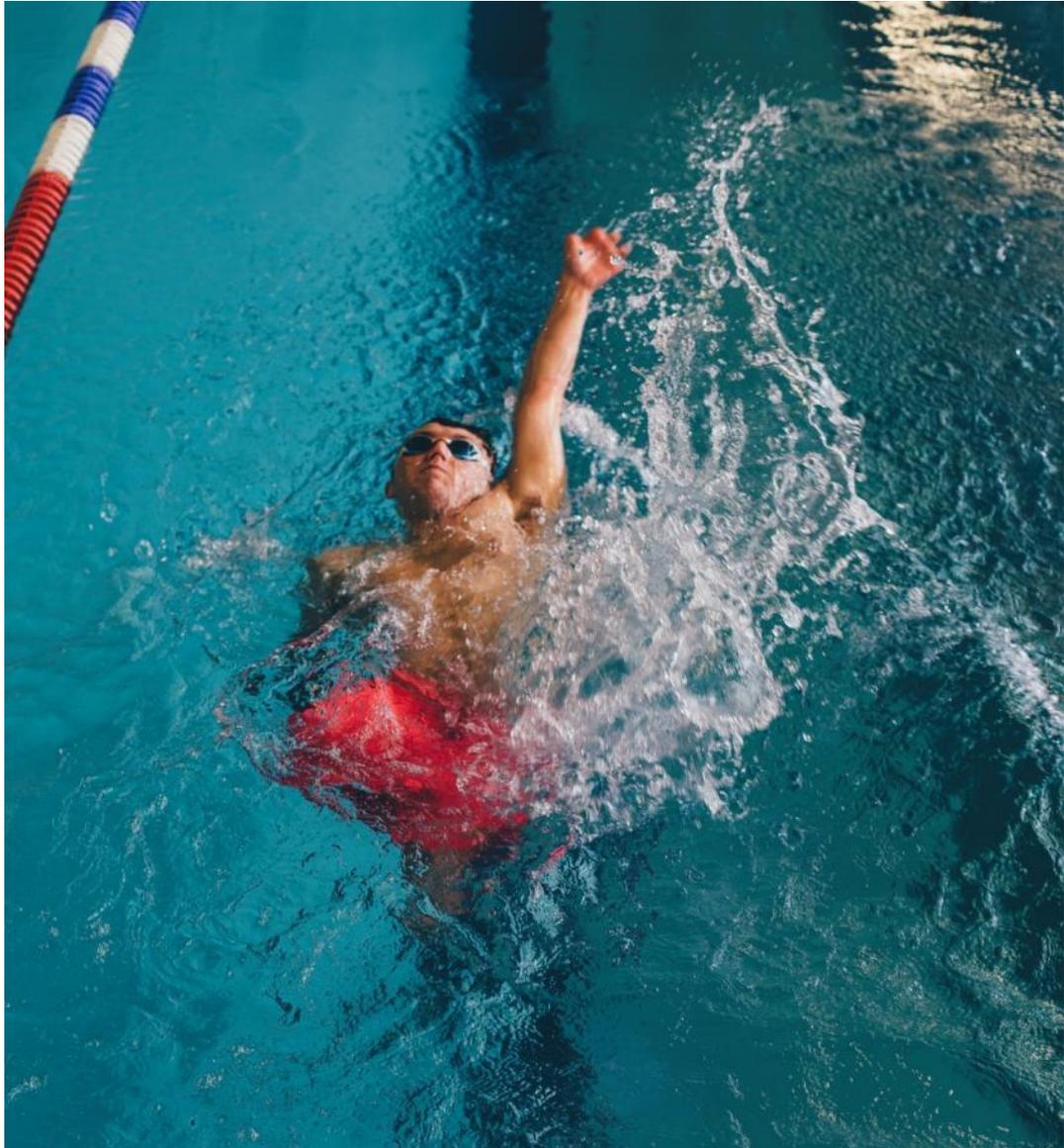
Of all the places I have been Orlando had everything that I love. I felt like yes it's a big place to be but I got goose bumps everywhere I went through Disneyland. I never felt happier and couldn't wipe the smile off my face.

## The best thing about living in the North-East

The people. Can't beat the northern friendly people. They are the best around! I have just the best friends up here and I will always be a Geordie lad!

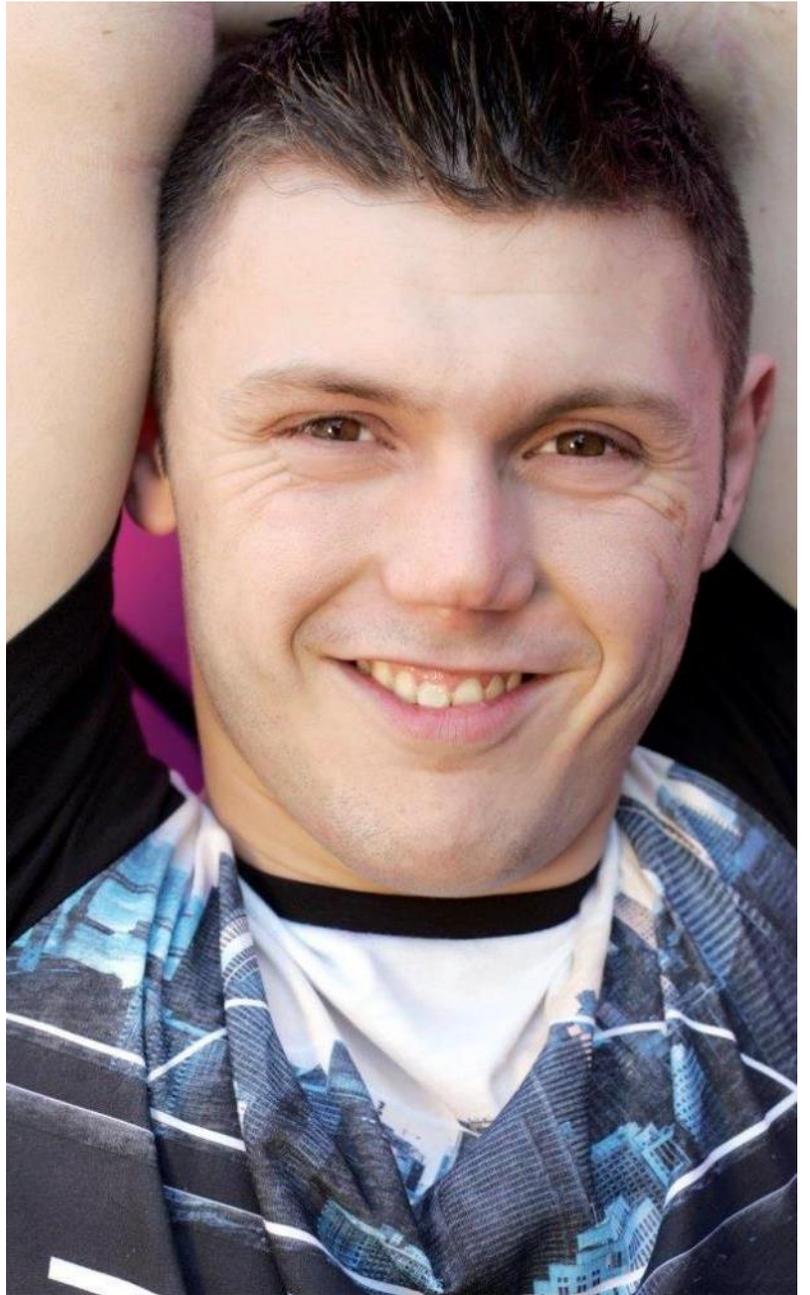
## What are your hopes for the future?

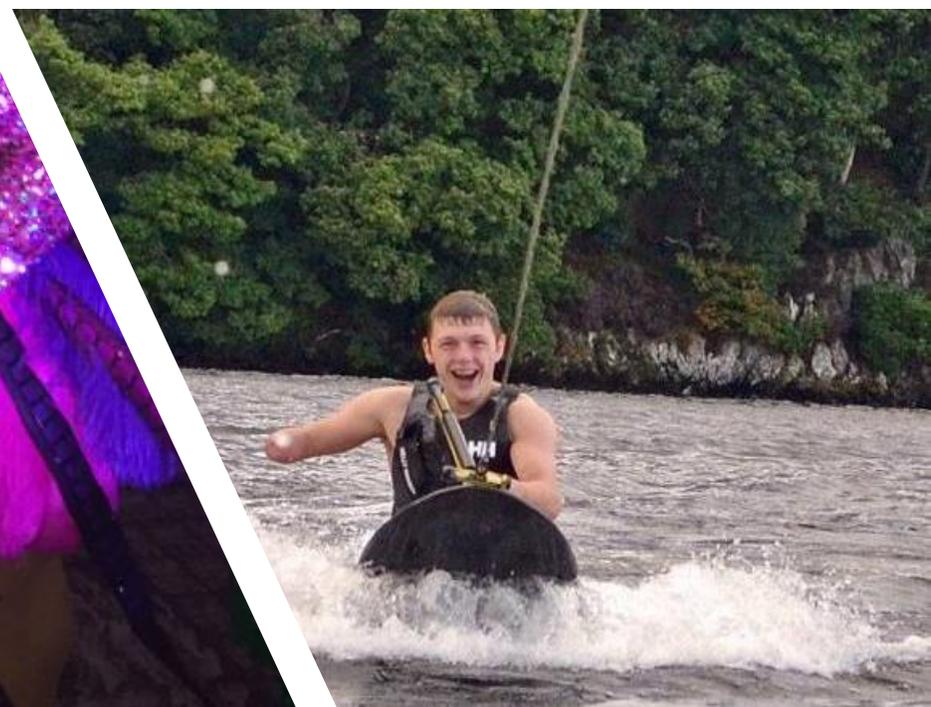
I just want to keep climbing the ladder in small steps. I don't know what the future has planned but I love sports, modelling and acting (just basically being a show off) and hopefully fate has exciting things in store for me. Only the stars know!

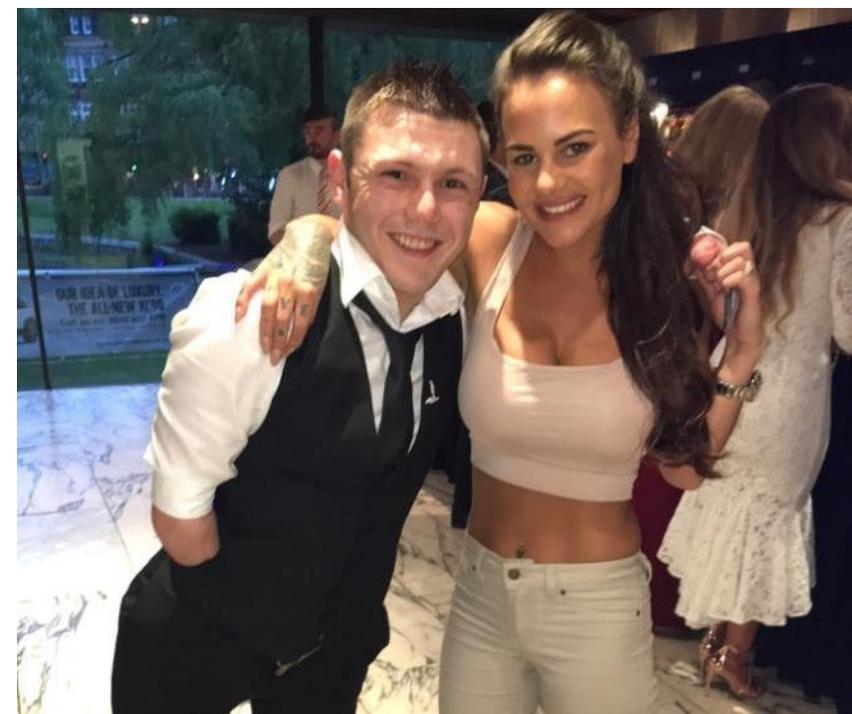
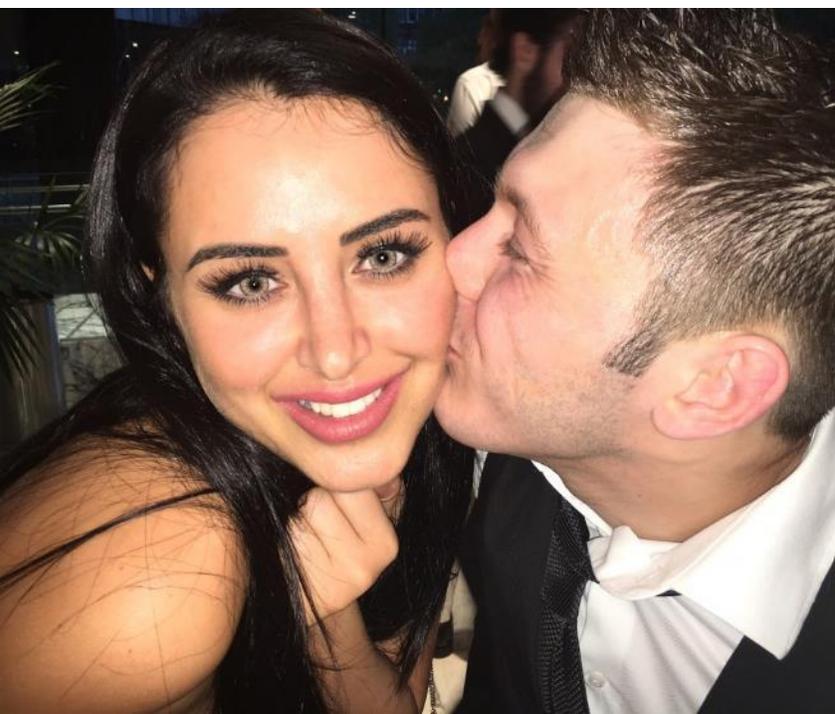












# SOCIAL MEDIA ACCOUNTS



Lyndon's Instagram: [www.instagram.com/lyndonlonghorne](https://www.instagram.com/lyndonlonghorne)



Lyndon's Twitter: <https://twitter.com/lyndonlonghorne>



Lyndon's Facebook: <https://en-gb.facebook.com/lyndon.longhorne>



Lyndon's LinkedIn: <https://www.linkedin.com/in/lyndon-longhorne>

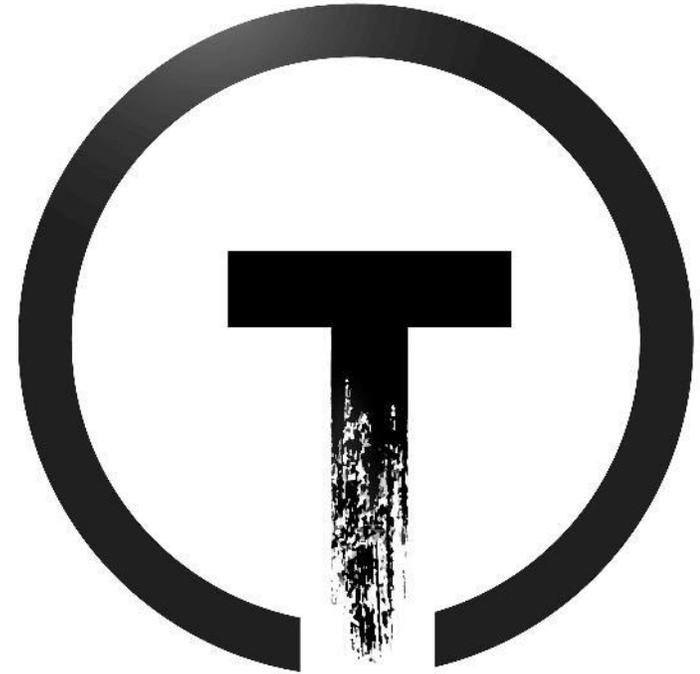


Lyndon's Website: <http://lyndonlonghorne.com>

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